



American-Style Beef & Pork Quesadillas

with Charred Corn Salsa & Onion Chutney

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Baby Spinach Leaves



Sweetcorn



Onion



Beef & Pork Mince



Louisiana Spice Blend



Onion Chutney



Tomato Paste



Mini Flour Tortillas



Shredded Cheddar Cheese



Burger Sauce



Diced Bacon

Prep in: 25-35 mins
Ready in: 30-40 mins

It's the classic quesadillas again except we're spicing things up with our fan favourite All-American spice to coat the rich beef and pork mince. Make it a little cheesy and add a golden corn salsa to tie it all together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin	1 tin
onion	1 (medium)	1 (large)
beef & pork mince	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
onion chutney	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
mini flour tortillas	6	12
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3503kJ (837Cal)	696kJ (166Cal)
Protein (g)	43.3g	8.6g
Fat, total (g)	44.8g	8.9g
- saturated (g)	16.9g	3.4g
Carbohydrate (g)	69.2g	13.8g
- sugars (g)	16.2g	3.2g
Sodium (mg)	2207mg	439mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4088kJ (977Cal)	739kJ (177Cal)
Protein (g)	51.3g	9.3g
Fat, total (g)	57g	10.3g
- saturated (g)	21.3g	3.9g
Carbohydrate (g)	69.2g	12.5g
- sugars (g)	16.2g	2.9g
Sodium (mg)	2606mg	471mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW20



1



Get prepped

- Preheat oven to **220°/200°C fan-forced**.
- Grate the **carrot**. Roughly chop **baby spinach leaves**. Drain the **sweetcorn**. Thinly slice **onion**.

Little cooks: Under adult supervision, older kids can help grate the carrot.

4



Bake the quesadillas

- Arrange **mini flour tortillas** over a lined oven tray. Divide the **filling** between **tortillas**, spooning it onto one half of each tortilla, then top with **shredded Cheddar cheese**.
- Fold empty half of each **tortilla** over to enclose the filling and press down with a spatula. Brush or spray with a drizzle of **olive oil** and season with **salt** and **pepper**.
- Bake **quesadillas** until cheese has melted and tortillas are golden, **10-12 minutes**. Spoon any overflowing filling back into the quesadillas.

TIP: Place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.

2



Char the sweetcorn

- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.

5



Make the salsa

- Meanwhile, add **baby spinach** and a drizzle of **white wine vinegar** and **olive oil** to the bowl with **charred corn**. Toss to combine, then season to taste.

Little cooks: Take the lead by combining the ingredients for the salsa!

3



Make the filling

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **beef & pork mince**, **carrot** and **onion**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Add **Louisiana spice blend**, **onion chutney** and **tomato paste** and cook, stirring, until fragrant, **1 minute**.
- Add a splash of **water** and cook, stirring, until combined, **1-2 minutes**.

Custom Recipe: If you've added diced bacon to your meal, heat the frying pan over medium-high heat with a drizzle of olive oil. Cook diced bacon with the mince and veggies until golden, 6-7 minutes.

6



Serve up

- Divide American-style beef and pork quesadillas between plates. Top with charred corn salsa.
- Serve with **burger sauce**. Enjoy!

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